

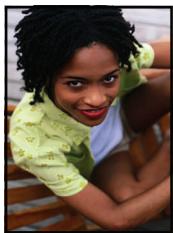
Wellness and Prevention for Women Osteoporosis

KyHealth Choices

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KyHealth Choices has started a new WELLNESS and PREVENTION program for the women of Kentucky. This program will provide information that will help women improve their bone health by decreasing risks of osteoporosis.



Good health means more than treating illness when it occurs. It means having and keeping a healthy weight, eating healthy foods, exercising and staying fit. These steps help to prevent disease. Taking control of your health and well-being gives you the best chance for living a full and rewarding life.

What is Osteoporosis?

DID YOU KNOW—
OSTEOPOROSIS CAN BE PREVENTED. Osteoporosis (os-tee-oh-puh-roh-sis) is a disease in which your bones become weak and are more likely to break (fracture). Since there are no symptoms of osteoporosis, you might not know your bones are getting weaker until you break a bone. If not prevented or left untreated, osteoporosis can grow without pain until a bone breaks.

By choosing to engage in regular physical activity, following a diet high

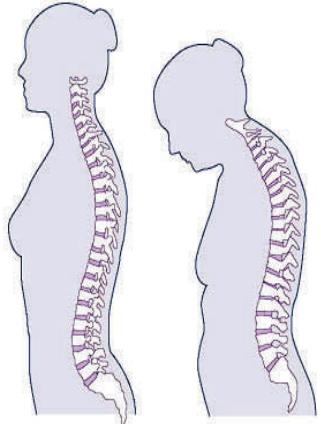
in calcium and vitamin D, avoiding smoking and excess alcohol, individuals can improve their bone health throughout life.

Osteoporosis can happen to any of your bones, but is most common in the hip, wrist and spine. A broken bone can really affect a woman's life. It can cause disability, pain, inability to do things for yourself, reduced quality of life and sometimes death. It can make it harder to do daily activities without help.

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Osteoporosis in the vertebrae



Risk Factors for Osteoporosis

- The older you are, the greater your risk of osteoporosis. Your bones become weaker with age.
- Women have a greater chance of getting osteoporosis than men.
- Small-boned and thin women (under 127 pounds) are at greater risk for osteoporosis because of small bones.
- Personal or family history (passed on in the family) of osteoporosis or fractures and reduced bone mass puts you at a greater risk for osteoporosis.
- White and Asian women are more likely to get osteoporosis.
- A diet low in milk products or other sources of calcium and vitamin D may cause weak bones.
- Inactive lifestyle or being on bed rest for a long period of time tends to weaken your bones and increase your risk for osteoporosis.
- Cigarette smoking and/or drinking too much alcohol puts you at risk for osteoporosis.
- Reduction in estrogen (**es-truh-juhn**) caused by menopause, especially early or surgically induced menopause, increases your risk of getting osteoporosis. Estrogen blocks or slows down bone loss. Women who stop having their monthly menses (period) before menopause because of conditions such as anorexia or bulimia, or because of excessive physical exercise, may cause bone loss and bones become thinner and weaker.
- Use of certain medications such as: glucocorticoids, gonadotropin releasing hormone, anti-seizure medications, some antacids, certain cancer treatments and excessive thyroid hormone may increase your risk for osteoporosis. (Do NOT stop taking medications without discussing with your healthcare provider.)



If you have experienced several of these risk factors, please contact your healthcare provider. There are medications and treatments available to help individuals living with osteoporosis.

Five steps to good bone health!



- ✓ Get your daily recommended amounts of calcium and vitamin D.
- ✓ Engage in regular weight-bearing exercises.
- ✓ Lead a healthy lifestyle with no smoking or large alcohol intake.
- ✓ Talk to your healthcare provider about your bone health.
- ✓ Get bone density testing and medication when needed.

Eat Calcium!



Bones are made of calcium. Getting enough calcium throughout your life helps to build and keep strong bones. **The best way to prevent osteoporosis is to get enough calcium in your diet.** Most adults need 1000-1200 mg (milligrams) per day. Foods high in calcium are plain yogurt, American cheese, milk, almonds and dark green leafy vegetables such as broccoli, collard greens and spinach. Many foods are fortified with calcium such as orange juice, cereals, breads and breakfast bars.

Eat Vitamin D!

Vitamin D plays an important role in calcium absorption. You can get vitamin D through sunlight and foods like milk. Most people's bodies are able to make enough vitamin D if they are out in the sun for at least 15 minutes a few times a week. Most adults need 400-800 IU (international



units) per day. Foods high in vitamin D are cooked salmon, fortified milk, liver, salt water fish and egg yolks.

If you have difficulty getting enough calcium and Vitamin D from the foods you eat, you may take a calcium and Vitamin D supplement to make up the difference. Talk with your healthcare provider before taking calcium supplements to see which kind is best for you.

Start Exercising!



Exercise is important to good bone health. Being active helps your bones by slowing bone loss, improving muscle strength and coordination, and helping your balance. The best exercise for your bones is

weight-bearing exercise. Weight-bearing exercise is any exercise in which your feet, legs or arms are bearing your weight such as walking, dancing, jogging, stair-climbing, weight lifting and hiking. Adults should engage in at least 30 minutes of moderate physical activity on most days of the week.

Stop Smoking!

Smoking raises a woman's risk of getting osteoporosis. It damages your bones and lowers the amount of estrogen in your body. Estrogen is a hormone made by your body that can help slow bone loss. Smokers also may absorb less calcium from their diets.



Avoid Alcohol!



Do NOT drink more than one alcoholic drink per day. Alcohol can make it harder for your body to use the calcium you take in and can increase your risk of falls and broken bones. One drink is considered to be one beer, four ounces of wine or one ounce of liquor.



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Start building strong bones today!



Milk products contain calcium but did you know that low-fat and fat-free milk, yogurt and cheese actually contain more calcium per serving than the milk products with fat.

Osteoporosis is **4** times more common in women than in men!

128,000 **Kentucky** women have been diagnosed with osteoporosis!